

Brookfield Senior Center

"... a place where things are happening!!"

August 2016

Monday through Friday 8:00am – 4:00pm

100 Pocono Road, Brookfield CT 06804

Telephone: 203-775-5308

http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index

Director of Senior/Social Services: Ellen Melville - emelville@brookfieldct.gov

Social Services Program Coordinator/ Municipal Agent: Jeanette Holliday - jholliday@brookfieldct.gov

Senior/Social Services Program Coordinator: Amy Diezemann - adiezemann@brookfieldct.gov



Fabulous Fridays

Men's Breakfast – Friday, August 5 at 9:30am: Please sign up by Wednesday, August 3rd so we know how many to expect.



Music, Friends and Food – Friday, August 5 at 12:00noon: Join us for a fabulous afternoon of music by a local DJ, food and fun sponsored by Synergy Homecare. *Sign up early so you don't miss the fun!*

The Urban Archeologist - Friday, August 12 at 12:00noon: Join Greg Van Antwerp, self-proclaimed writer, cartoonist, and "urban archeologist." He loves digging through the past - discovering the stories behind old paper, gadgets (new and old), and other oddities. Come for this interesting and fun lunch and learn. *Please sign up.*



Grandparent Houdini and Root Beer Floats – Friday, August 19 at 12:30pm: Bring your grandchildren, or just yourselves, for an afternoon with our favorite magician, Tom O'Brien and our summertime favorite of Root Beer Floats. What could be a better way to spend a hot summer afternoon? *Please sign up so we know how many to expect.*

Fabulous Friday Hot Dog Lunch & Bingo! - Friday, August 26 at 12:00noon: Join us for an exciting afternoon of Bingo and hot dogs. Lunch starts at 12:00noon followed immediately by Bingo at 12:30 sharp. Cost is \$5.00 per person. *Sign up by August 23.*



Annual Membership Fees due now!

Non-resident Annual Membership fees of \$20 were due by June 30, 2016. Only participants with current memberships will be allowed to attend Senior Center activities after July 1, 2016. Please make sure your fees are paid so that you are not disappointed.

Mark your Calendar - don't forget

Bingo – Monday, August 1 at 10:30am. Join us for laughter, fun and games!

Men's Breakfast – Join us **Friday, August 5 at 9:30am** for our August Men's Breakfast. Please sign up so that we know how many to expect.

Friends of Brookfield Senior Center will not be meeting during August. See you in September!

Farkle – Mondays at 1:00pm. An afternoon of fun and laughter.

Let's Talk is Wednesday mornings at 11:00am. Join this friendly group that will introduce you to everything at Brookfield Senior Center.

Ask an Attorney Round Table - Wednesday, August 17 at 9:30am. Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

Housatonic Probate Judge Martin Landgrebe - Friday, August 26 at 9:30am. This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. *Please call to schedule an appointment.*

Blood Pressure Screening (New Milford VNA) – Tuesday, August 23 at 11:30am.

Scrabble Play is Fridays at 11:00am. Join us to meet some new friends!

Everything You Always Wanted to Know About Hearingbut were Afraid to Ask Tuesday, August 23 at 11:00am

Debbie Heckman of Concierge Hearing Care will be with us to share completely new and up to date information about hearing and hearing loss. She will be available after the presentation to answer your questions.

Please sign up at the front desk.



Brookfield Trekkers Sega Meadows Park, New Milford Tuesday, August 16 at 9:00am (Rain date is Tuesday, August 23)

Join us for a three mile hike on part of New Milford's Rail Trail. It is a relatively flat gravel, bicycle/pedestrian trail that will take us through an old forest, beside a meadow and pond. It offers views of the Housatonic River. This is a lovely, well maintained and quiet trail with a lot of shade. It's perfect for a warm summer day.



Please sign up at the front desk and pay \$3.00 fee 2 days in advance so we know how many to expect.

The Vein Institute of CT Tuesday, August 16 at 11:00am

Dr. Alex Afshar from the Vein Institute of CT will offer a presentation on venous disease, including the importance of addressing varicose veins which may cause ulcers if left untreated. If you have any leg pain, swelling, discoloration, or even restless legs this may help you learn how to fix them. Join us to learn more about varicose veins, spider veins and how Dr. Afshar can help.

Are you from the Bronx? Monday, August 15 at 11:00am

We often hear "are you from the Bronx?" around Brookfield Senior Center. Join this group on Monday, August 15 at 11:00am. We will share memories and experiences and meet other "Bronx transplants." We may live in Connecticut now, but our hearts will always be in the Bronx!

AARP Safe Drivers Class: Friday, August 26 at 9:00am

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class qualify for a minimum of 5 percent automobile liability insurance discount for at least two years. *Please sign up and pay in advance. Cost is \$15/AARP members and \$20/nonmembers.*

Improve Your Mind & Body



Zumba Gold is on Mondays at 9:30am. This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

Yoga with Kris on Mondays and Wednesdays from 2:30pm – 3:45pm. Join us for a gentle Vinyasa flow class. This is a playful yoga class that will focus on proper alignment, movement modifications (if needed) and your breathing.

Strength/Balance with Claudia is on Mondays at 1:00pm. Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

Low Impact Aerobics with Dee is on Tuesdays at 9:30am. You will love Dee's enthusiasm and music.

Chair Yoga is on Tuesdays at 1:00pm with Kris. It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!



Tai Chi with Susan is on Wednesdays at 9:30am. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

Functional Strength and Balance with Cassie on Wednesdays at 1:00pm. Join this great program and start moving again!



Low Impact Aerobics is on Thursdays at 9:30am with Claudia. Great for all levels.

Walk & Talk is on Thursdays at 11:00am with Cassie.

Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am. This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

Zumba with Coleen is on Saturday mornings at 9:30am. It's the perfect way to start your weekend!

Please consult your personal physician before beginning any new exercise class.

Ongoing Classes/Activities:

Wood Carving Group meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

Quilting Group meets Tuesday mornings at 10:00am.

Wii Bowling is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

Knitting group meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

Painting and Drawing with Adele meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

Sharps & Flats band and singing group meets Thursdays at 10:30am. Join this fun group of musicians and singers. **The 4-Strings Ukulele Group** meets Thursdays at 1:00pm.

Brookfield CARES Hope and Support Group

Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance abuse or other at-risk behaviors and is facilitated by an experienced drug and alcohol abuse counselor.

Alzheimer's Support Group

Wednesday, August 10 from 6:30pm – 8:00pm and Wednesday, August 24 from 1:00pm – 2:30pm: For caregivers, family members or friends of people affected by Alzheimer's disease or Dementia. This ongoing educational group meets in a safe and caring environment twice a month. Please join us as often as you like!

Brookfield Senior Center



P.O. Box 5106
100 Pocono Road
Brookfield, CT 06804



Check us out on Facebook

Senior Center Membership: Those wishing to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members.

Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

Personal Conduct: The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is therefore necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated.

Town of Brookfield employees are here to serve you. They should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.

Escape With Us!

Texas Tenors: August 3, 2016: Back by popular demand at the Fox Theatre at Foxwoods. Your ticket includes Gold Seating and Foxwoods Bonus Package. Cost is \$89pp. (*Waiting list only*)

Connecticut Lighthouse Cruise: Wednesday, August 24: Board the high-speed Sea Jet in New London and travel to see eight lighthouses. Enjoy a late lunch at The Steak Loft in Olde Mystick. Cost is \$97pp. (*Waiting list only*).

Wednesday, September 28: *We're heading to Broadway to see "Beautiful, The Carol King Musical."* Lunch will be at DaRosina's on Restaurant Row. Cost is \$185pp. (*Waiting List only*).

Thomaston Opera – Dream Girls: Sunday, October 16. Follow the music and lives of the music trio, The Dreamettes! Pre-lunch show will be at Black Rock Tavern in Thomaston, CT. Cost is \$81pp.

Saturday Night Fever- The Musical at Westchester Broadway Theatre: Thursday, November 10. Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon. Cost is \$98pp.

Governor's Mansion & Wadsworth Atheneum: Sunday, December 4. We will start at the Governor's Mansion to enjoy their festive holiday decorations. Lunch is at Carbone's Kitchen in Bloomfield, followed by a trip to Wadsworth Museum of Art and the Annual Festival of Trees. Cost is \$88pp.

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

BROOKFIELD PARK & REC Concert in the Park Series Every Friday evening from 6:30pm – 8:00pm at the Bandstand

August 5: *Bock & Blu* - Funk-a-licious
(sponsored by Dental Associates and
Brookfield Lions Club).

August 12: *Already Gone* - Eagles Tribute
(sponsored by Housatonic Rotary of
Brookfield and The Maids of Brookfield).

August 19: *Gold Rush* - Blue Grass
(sponsored by Ryer Associates and Sippin
Energy Products).

August 26: *Dan's Garage* - Classic Rock
(sponsored by
Matson Financial Advisors and Jim Eagan,
Nationwide Insurance).

Holiday Boutique Planning Meeting Tuesday, August 9th at 1:00pm



It's time to start thinking about our Boutique. We will hold a brief meeting to start the planning process. Everyone who is interested in participating, in any way, is invited to attend. Come with your creative ideas to help make this a successful event!

The Town of Brookfield is currently undergoing the revaluation process for the 2016 Grand List, as mandated by Connecticut State Statute 12-62(b). This statute requires all municipalities to revalue all of its real estate not later than five years after their last revaluation. The Town of Brookfield's previous revaluation was completed as of October 1, 2011.

The primary purpose of a revaluation, which is a mass appraisal of all real property within an assessment jurisdiction, is to eliminate any assessment inequities that may have developed since the implementation of a previous revaluation. This is accomplished by updating the assessments of real property to reflect their fair market value.

Verification of sales has begun for the October 1, 2016 Grand List. Exterior drive-by inspections will begin in the spring. As part of the revaluation process data mailers will be sent to all property owners. This information will be utilized during the valuation phase of the project. It is essential for the accuracy of your property assessment that the information on record is correct.

The Revaluation will be ongoing throughout the year. The town has hired Vision Government Solutions to assist in the revaluation process. Their staff will carry photo identification along with identifying their vehicles. The staff's information is also on file with the First Selectman's Office, the Police and the Assessor's Office.

Please contact the Assessor's office if you have any questions: 203-775-7302.

Jeanette Holliday, Municipal Agent and Social Services Coordinator

Phone (203) 775-7312 FAX (203) 775-5243

Located in the Brookfield Senior Center – 100 Pocono Road

SNAP Application Appointments

Please call Brookfield Social Services if you want to discuss possible Food Stamp eligibility or you would like an appointment with a visiting SNAP Outreach Worker to start an application.

Current gross monthly income:

- Households under \$1815 / 2456 (single/couple) have no asset limits.
- Seniors (60 years+) and disabled adults are allowed a higher income limit if they have significant housing and medical expenses. The higher monthly income would be subject to a liquid asset limit.

Can I own a home or car?

- There is no asset limit EXCEPT for households where gross income is more than the dollar amounts listed above. Only for these higher-income households are liquid assets (including cash, savings accounts, stocks and bonds) limited to \$3250.
- Your home is not counted as an asset and no lien is placed on the home. Vehicles or retirement accounts, such as IRAs are also not counted for any households.

Danbury Hospital - Dental Clinic

Do you have difficulty affording dental care? You know how important good dental care is for your overall health but perhaps you can't stretch your income to cover the cost. Here is an affordable option through Danbury Hospital that offers routine and specialized dental care to all ages regardless of ability to pay. For dental appointments: call 203-791-5010.

- Located at Seifert and Ford Family Community Health Center
70 Main Street
Danbury, CT 06810

After booking an appointment, ask for the financial aid office to discuss payment options based on your financial situation.

FISH

Transportation for medical appointments between 9:00am – 2:00pm; Monday – Friday.

Ambulatory disabled and/or seniors in Brookfield may call **(203) 616-9678** to submit their request at least **3** days but no more than **7** days before the appointment.

SweetHART Telephone Numbers:

Reservations: (203) 748-2511

Will call/pickups, cancellations and confirmations: (203) 830-4399



Comments/questions: (203) 744-4070



SENIOR ACTIVITIES ~ AUGUST 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 9:30 Zumba Gold <i>cancelled</i> 9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES	2 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	3 9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 2:30 Yoga \$ Texas Tenors Trip departs at 8:00am 	4 9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg 6:45 Advanced Tai Chi\$	5 9:30 Mahjongg 9:30 Men's Breakfast*\$ 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Party –Music, food and fun with Synergy Homecare*	6/7 9:30 Saturday Zumba\$
8 9:30 Zumba Gold 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES	9 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Holiday Boutique Planning Meeting 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	10 9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 2:30 Yoga \$ 6:30 Alzheimer's Support 7:00 Stamp Club	11 9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg 6:45 Advanced Tai Chi\$	12 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Lunch and Learn – The Urban Archeologist*	13/14 9:30 Saturday Zumba\$
15 9:30 Zumba Gold\$ 9:30 Canasta 11:00 Are you from the Bronx?* 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES	16 9:00 Brookfield Trekkers *\$ 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 11:00 The Vein Institute * 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	17 9:30 Tai Chi \$ 9:30 Ask an Attorney* 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 2:30 Yoga \$	18 9:30 LI Aerobics\$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg 6:45 Advanced Tai Chi\$	19 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:30 Grandparent Houdini and Root Beer Floats*	20/21 9:30 Saturday Zumba\$
22 9:30 Zumba Gold \$ 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES	23 9:00 Brookfield Trekkers (raindate) *\$ 9:00 Mahjongg 9:30 LI Aerobics\$ 9:30 Wii Bowling 10:00 Quilting 11:00 Everything You Always Wanted to Know about Hearing* 11:30 Blood Pressure NM VNA 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga \$	24 9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 1:00 Alzheimer's Support Group 2:30 Yoga\$ CT Lighthouse Cruise Trip departs at 9:45am 	25 9:30 LI Aerobics\$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg 6:45 Advanced Tai Chi\$	26 9:00 AARP Safe Driving *\$ 9:30 Mahjongg 9:30 Ask Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Hot Dog Bingo*\$	27/28 9:30 Saturday Zumba\$
29 9:30 Zumba Gold 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES	30 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	31 9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 2:30 Yoga\$		*Sign Up Required \$ Fee Required	Lunch is served Monday, Tuesday and Thursday 12:00 Noon Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237